

Both contain less heat producing properties than heavy meats.

Try them for summer Inacheons and picnic tidbits.

Libby, McNeill & Libby Chicago



For Sale Stand investigation, Sea 49, Cule Comp. B.

The Summing Up. Which nations do you think are going to win in the war?" Well, as to that, I think they all have a fighting chance."

DO NOT HESITATE

To Use Cuticura on Skin-Tortured Babies. Trial Free.

A hot bath with Cuticura Soap and gentle application of Cuticura Cintment at once relieve, permit rest and steep and point to speedy healment of eczemas, rashes, itchings and irritations of infants and children even in severe cases.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere .- Adv.

Covering Cream Cans.

A great part of the value of keeping eream cool on the farm and at the station or creamery is lost if the cream ir exposed to the direct rays of the sun while being hauled from the farm to the point of sale. Far too few people stop to realize the importance of covering their cream cans when bringing them in to town. Expensive jacketed cans are not a necessity to keep the cream cool. In summer weather just as ordinary piece of wet burlap thrown over the cans will keep the temperature of the cream as much as 20 degrees below what it would rise to if left uncovered while being transported over the average hauling distance.

News From the Front.

Vicar (who had called to read a letter to one of his parishioners from her son at the front)-Your son, Mrs. Codling, has been fighting in the trenches. For a whole week he was standing up to his neck in water!

Mrs. Codling-Well, I never! This war is doing some funny things, sir, to be sure. We couldn't get 'im to put water anywhere near 'is neck when 'e wos at 'ome!-London Tit-Bits.

The Latest.

"You ought to see my new flat," "Any special features?" "Well, I should say. A folding stove and a built-in plane.

Lots of girls put on airs, even the air of innocence.

IT SLUGS HARD. Coffee a Sure and Powerful Bruiser.

"Let your coffee slave be denied his cup at its appointed time! Headachesick stomach-fatigue. I know it all in myself, and have seen it in others. Strange that thinking, reasoning beings will persist in its use," says a Topeka man. He says further that he did not be-

gin drinking coffee until he was twenty years old, and that slowly it began to poison him, and affect his hearing through his nervous system,

"Finally, I quit coffee and the conditions slowly disappeared, but one cold morning the smell of my wife's coffee was too much for me and I took a oup. Soon I was drinking my regular allowance, tearing down brain and nerves by the daily dose of the nefarious beverage.

"Later, I found my breath coming hard, had frequent fits of nausea, and then I was taken down with bilious

"Common sense came to me, and 1 quit coffee for good and went back to Postum. I at once began to gain and have had no returns of my bilious symptoms, headache, dizziness or ver-

now have health, bright thoughts, and added weight, where before there was invalidism and the blues.

"My brother quit coffee because of its effect on his health and now uses Postum. He could not stand the nervous strain while using coffee, but keeps well on Postum." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal-the original formmust be well boiled. 15c and 25c packages.

Instant Postum-a soluble powderdissolves quickly in a cup of hot water, and with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

-sold by Grocers.

"There's a Reason" for Postum.

KILL VERMIN ON CHICKENS

Liberal Application of Sulphur Should Be Made Soon After Hen Has Been Given Her Eggs.

It is bad business to have to catch the chickens and hen to kill lice after they have left the nest, when the remedy can be applied with so little trouble before hatching begins.

A week or ten days after the hen has been given her clutch of eggs sprinkle them and the whole of the



Dusting Hen Before Setting to Kill Lice.

nest and the straw for a little distance around it with the sulphur when the hen is off.

The night following dust the nen herself by lantern light. Dieturb her just enough to make her bristle her feathers and then dust sulphur well down to their roots. This treatment will not injure the hen in the least, nor the chickens when they are hatched.

The chickens should be dusted once or twice after they are hatched One cupful of sulphur will be enough for both applications. Tobacco, snuff, Remedy for sick headache, constipati grease and carbolic powder, etc., are not equal to sulphur for killing lice. The dust bath for laying hens should have a quarter of a pound of suiphur well mixed through the dust

being used should be fumigated and the boxes given a coat of hot lime

FOWLS REQUIRE SOME SHADE

Easy Matter to Grow Something Along Side of House to Provide Protection From Sun.

Fowls that are deprived of shade in summer often fall victims to sunstroke and diarrhea from overheating. Some shade should be provided. The house is always too hot for their comfort if it is their only defense against the tically all of the crack swimmers of flerce rays of the summer sun. It is an easy matter to grow something Miss K. F. Mehrtens, its president, in against the west and south side to developing the younger members .provide extra protection.

A house that has vines or tall plants growing against one end and partially shading the roof will be several degrees cooler than one bare to the sun. Boards collect and radiate a lot more beat than green growing things. It makes fittle difference what you use. Castor beans grown under the protection of a slatted crate until too big for the fewls to destroy will prove builds up the system. 50 cents. Adv. good shade. Big branches broken from trees will help on very hot days.

If you can do nothing better lay some branches or stones on the roof of the house and spread old carpet or horse blankets over them. It will greatly reduce the heat inside the house during the heat of the day. Shut out the sun and allow some opening on the side away from the sun for free circulation of air. The fowls will seek their shelter during the hot part of the day and show their appreciation by greater vigor and health when the trying period is over.

Many so-called cases of cholora in not weather are nothing more than indigestion from the ravages of hot weather during which they had in. cleanse the wound and remove sore-

GROWTH OF GEESE HASTENED

Fowls Require Supply of Green Feed and Plenty of Water as Swimming Pool During Summer.

Geese require plenty of green food, which they pluck from the growing plants and plenty of water as a swimming pool during the summer. When they have this, the old geese and ducklings that are past four weeks old, will

not need to be fed during the summer. A feed of moistened meal once a day hastens their growth, but where there is plenty of herbage, green and fresh, from which they can pluck their food, it will not be necessary to feed them, providing there is plenty of water tor them to swim in.

5 Women

For years we have been stating in the newspapers of the country that a great many women have escaped serious operations by taking Lydia E. Pinkham's Vegetable Compound, and it is true.

We are permitted to publish in this announcement extracts from the letters of five women. All have been recently received unsolicited. Could any evidence be more convincing?

1. Honoron, Mr.—"I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached and I was so nervous I could not sleep, and I thought I never would be any better until I submitted to an operation, but I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman."-Mrs. Haywand Sowens, Hodgdon, Me.

SHELBYVILLE, Ey.-"I suffered from a severe female trouble. 2. SHELBYVILLE, HY.—"I suffered from a severe lemme.

My right side hurt me badly—it was finally decided that I must be operated upon. When my husband learned this he got a bottle of Lydia E. Pinkham's Vegetable Compound for me, and after bottle of Lydia E. Took better and continued to improve until I taking it a few days I got better and continued to improve until I am now well,"-Mrs. Mollie Smith, R.F.D., Shelbyville, Ky.

HANOVER, PA .- "The doctor advised a severe operation, but my • husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it."-Mrs. Apa Willing 363 Walnut St., Hanover, Pa.

4. DECATUR, I.L.—"I was sick in bed and three of the best physicians said I would have to be taken to the hospital for an operation as I had something growing in my left side. Urefused to submit to the operation and took Lydia E. Pinkham's Vegetable Compound—and it worked a miraele in my case, and I tell other women what it has done for me."—Mrs. Laura A. Griswold, 2437 East William Street, Decatur, Ill.

5. CLEVELAND, OHIO. -"I was very irregular and for several years my side pained me so that I expected to have to undergo an operation. Doctors said they knew of nothing that

would help me. I took Lydia E. Pinkham's Vegefrom pain. I am thankful for such a good medicine and will always give it the highest praise."-Mrs. C. H. GRIFFITH, 1568 Constant St., Cleveland, O.

Write to LYDIA E.PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

PERFECT HEALTH. Tutt's Pills keep the system in perfect order. They regulate the bowels and produce

A VIGOROUS BODY.

The brooder and the coops before Why Suffer With Pellagra?

Haughn's Improved Pellagra Remedy will ure you. It has cared and is new curing thers. It is not an experiment. Our bind-ng gunrantee is back of it. You run no risk Let us tell you all about it Baughn's Im-proved Pellagra Rem, Co., Carbon Hill, Ala.

W. N. U., Oklahoma City, No. 38-1915.

Women Life-Savers.

The National Wemen's Life-Saving league announces that with the opening of the coming indoor season they will inaugurate a new branch of work in the form of a junior branch for girls under the age of sixteen. No child will be considered too young to learn the rudiments of swimming, and practhe league have promised their aid to New York Evening Post.

To Drive Out Malaria

And Build Up The System Take the Old Standard GROVE S TASTELESS chill TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quining and Iron in a tasteless forta. tinine drives out malaria, the Iron

Regiment of Renown.

The Sixetleth rifles, for which Sir Herbert Raphael is recruiting an 'Arts and Crafts Battalion," is better known by its old name than as the King's Royal Kille corps. Next to the Guards it is the most sought after of infantry regiments, and has always a number of famous names on its muster. No regiment has a finer list of battle honors. - London Evening Standard.

Cleanses the Wounds. For injuries from rusty nails or any other external hurts, apply Hanford's Balsam. It should kill any germs, adequate protection against the heat. ness. Then quick health, all follow. Adv.

> When a doctor gives up hope he summons the family. When a lawyer gives up hope he applies for a writ of certiorari.

Always proud to show white clothes. Red Cross Ball Blue does make them white. All grocers. Adv.

The stingy man who gives away the things he can't use or sell, imagines he has a strangle hold on charity.

FIGHTING AT SHORT RANGE

Italian Soldiers Persist in Using the Rifle and Disregard "Usefulness" of Bayonet.

Among the Italan troops fighting in

the Isonza region are those from Cor-These, when hand-to-hand fighting comes throw away their rifles with their bayonets, and drew their daggers, assailing their man at close bodily quarters. They cannot be taught to use the knife or bayonet on the rifle; they want a knife in their hand and their hand on their enemy. The old centuries long use of the knife and stiletto cannot be overcome. And this doubtless is an inheritance. The Romans fought all their wards handto-hand with knives or short swords. The infantry line which was the main reliance in all battles advanced and threw the pilum, which was a short, heavy spear, that at thirty paces went like a rifle shot and small battering ram combined. After this one discharge the men drew their swords or knives and advanced to a bodily contest, shield against shield, with cut and thrust to decide. And the Romans had a maxim that "the nation that shortens its swords, lengthens its boundaries." It has been noted in this year of war that there is a return in many ways to old mathods. The use of hand grenades is one illustration, making real the old term groundlers who were originally foot soldiers who throw grenades. The French now give preference to the bayanet as the deciding factor in an assault, after the cannonade and rifle fire. The Geomans prefer the rifle. Now we have these lialians going facther back to the hand knife of whatever kind. In our own army a new bayonet like the Philippine bolo has been adopted, instead of the present sword bayonet. It makes an all-round knife for many purposes and can be used like the South American machete for cutting and hawing in domestic requirements as well as for warfare.

Pessimism. "There's something in this world besides money. "Yes." said the cynic; "there's the

poorhouse,"-Detroit Free Press. Comparative Fun. "That fellow had the nerve to tell

me to bant." "Oh. that was only his banter." In the United States last year 10,

175 new backs were published, and there were 1,833 new editions of old works.

It's no use in trying to convince a

FIXED IT IN HER MEMORY

Ingenious Method by Which Lawrence Hutton Cured Waitress of Her Forgetfulness.

The late Lawrence Hutton used to say that having to take a little trouble would impress a fact on anyone's memory so that he would never be able to forget it. In illustration he

would tell this story: "Our waitress, Maggie, could never remember to put the salt on the table, and time after time Mrs. Hutton would remind her to do it. One morning it was absent, as usual, and I said, 'Maggie, where is the stepladder?" 'It's in the pantry, sir.'

"'Please bring it in, Maggie,' I said.

"Maggie brought it in with a look

of wonder on her face. "Tut it right beside the table," I commanded; and when she had done so I added, 'Now, I want you to climb up to the top of it, look all over the able and see if there is any sait there.'

Maggie never forgot the sait again."- Youth's Companion.

City's Location.

A woman from the South visiting New York for the first time was much agitated when, after being conveyed through the Hudson tube she found herself in another subway. Rushing up to a knowing-looking individual. she asked, in an agitated tone: "Sir, do please tell me where is

New York?" "Lady," said he, with the utmost gravity, "it's right at the top of those stairs."- Harper's Magazine.

Keen Financiering.

Lady-What will you charge me for the use of a horse and buggy for a few hours?

lars for the first hour and one dollar grade to let and bath soap we offer our Liveryman - It will cost you two delfor each additional hour.

Lady-Well, I'll use for two additional hours. I've got some shopping to do and will not require it for the first hour.

in Style. "I'd like a stylish loan."

those who refuse to wait,

"What kind is that?" "One which is V-shaped."

large sizes. Adv.

Hanford's Balsam. Economy in

You can help your Stomach back to a normal condition, induce liver activity and bowel regularity by careful diet and proper exercise, to which you hould add the toning and strengthening qualities to be found in a fair trial of

STOMACH BITTERS

A new telephone receiver is so small that it can be inserted into the ear instead of being held against it.

"Shorter Hours for Women"

NO MORE BLUE WASHDAYS Use KING NAPHTHA - Yellow

Fure and economical laundry soap. Use in cold or tepid water; don't cook y ur clothes.

For those who desire a strictly high

WATER LILY SOAP



It floats; and is a big value for 5 cents. Sweetly scented. We share profits with you-valuable-useful premiums -FREE for wrappers.

Send for free catalogue.

Everything comes more quickly to PRODUCTS MANUFACTURING CO.

10c Worth of QUPD Will Clear \$1.00 Worth of Land Get rid of the stumps and grow



big crops on cleared land. Now is the time to clean up your farm while products bring high prices. Blasting is quickest, cheapest and easiest with Low Freezing Du Pont Explosives. They work in cold

Write for Free Handbook of Explosives No. 69F. and name of nearest dealer.

DU PONT POWDER COMPANY DELAWARE

A Coffee Pot almost as tall as the Statue of Liberty



You Look Prematurely Old